

Healthier Eating Ideas

Recipe 1: Pizza faces

An easy, fun, healthy & tasty recipe. If in a rush, on a school night, you could also use frozen or ready made cheese pizza as a base and just add the healthy toppings.

On the weekend or when you have more time, why not try to make your own fresh tomato sauce.

Select your favourite toppings from the list below or add your own!

Decorate with salad leaves, carrot shred, sweet corn and serve with a refreshing glass of orange juice.

Makes 2 pizzas

Prepare 7-9 minutes

Cook 10-12 minutes (20-22 minutes if making the tomato sauce)

Ingredients

2 Small Pizza bases

Pizza topping tomato sauce or make your own (see recipe*)

Cheese grated/shredded (choose from Mozzarella, Cheddar, Parmesan or your favourite)

3 tablespoons olive oil (or your usual cooking oil)

Topping Selection- choose from:

Sliced Broccoli (frozen), Ham, Sliced Mushroom (frozen), Olives, Sliced Peppers (fresh or frozen), Sliced Pineapple (tinned), Spinach, Sweet corn, Tomato diced or sliced, etc.

Instructions

1. Preheat the oven to 220oC / fan oven 220oC/ Gas Mark 7.
2. Spread a tablespoon of oil on the base of a flat tray. Place the pizza bases on the tray and spread some of the tomato sauce thinly over the middle, leaving a border.
3. Scatter with your chosen cheese. Place your favourite toppings on top, and use your imagination to 'make your best pizza face'; different ingredients for eyes, nose, ear, hair, etc. and push them gently into the tomato & pizza base. Pour a tablespoon of olive oil all over the pizza.
4. Ask a grown-up to put the tray in the oven and check with them after 10minutes to see if the top is golden brown and the cheese bubbling. The grown-up then needs to remove from the oven when it is ready and place it on your plate to cool down. In the meantime, decorate with salad leaves, carrot shred, sweet corn and other vegetables you like the best. Enjoy!



***For the make-your-own pizza topping tomato sauce (grown-ups to make):**

2 tablespoons of olive oil

400g can Italian plum tomatoes

salt & pepper

2-3 tablespoons of herbs fresh, frozen or dried (optional)

Heat the oil in saucepan and then stir in the canned plum tomatoes with their juice, using a wooden spoon to break them up. Cook in a low heat for 10-12 minutes, stirring often till it is thickened. Take off the heat, season to taste and add herbs if using, mixing it all together. Let it cool down slightly before using on the pizza base.

We look forward to receiving pictures of YOUR pizza faces. Please ask your parent or carer to e-mail the picture with your name & class to: admin@midfield.bromley.sch.uk